

summer breeze smoothie



National Heart, Lung,
and Blood Institute

<http://wecan.nhlbi.nih.gov>



Ingredients

1 cup plain, nonfat yogurt
6 medium strawberries
1 cup pineapple, crushed,
canned in juice
1 medium banana
1 teaspoon vanilla extract
4 ice cubes

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1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

Yield 3 servings, **Serving Size** 1 cup, **Calories** 121, **Total Fat** 0g, **Saturated Fat** 0g, **Cholesterol** 1mg, **Sodium** 64mg, **Total Fiber** 2g, **Protein** 6g, **Carbohydrates** 24g, **Potassium** 483mg